

# GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00AM	<b>LES MILLS BODY PUMP</b>		<b>LES MILLS BODY COMBAT</b>		<b>LES MILLS BODY PUMP</b>		<b>LES MILLS BODY COMBAT</b>	
9:00AM	<b>LES MILLS BODY PUMP</b>	O <sub>2</sub>   YOGA	O <sub>2</sub>   DANCE	<b>LES MILLS BODY PUMP</b>	O <sub>2</sub>   YOGA	<b>LES MILLS BODY COMBAT</b>	<b>LES MILLS BODY PUMP</b>	
10:00AM	<b>LES MILLS barre</b>	<b>LES MILLS BODY COMBAT</b>	<b>LES MILLS BODY BALANCE</b>	<b>LES MILLS CORE 30</b>	O <sub>2</sub>   LADDER 30	<b>LES MILLS barre</b>	<b>LES MILLS BODY BALANCE</b>	<b>LES MILLS CORE 30</b>
11:00AM	O <sub>2</sub>   YOGA	O <sub>2</sub>   SHRED 30		O <sub>2</sub>   SHRED 30	O <sub>2</sub>   SENIOR PILATES	O <sub>2</sub>   YOGA	O <sub>2</sub>   SHRED/INTENSITY	10:00AM
12:00PM							<b>LES MILLS BODY COMBAT</b>	<b>LES MILLS BODY BALANCE</b>
5:30PM	<b>LES MILLS BODY PUMP</b>	O <sub>2</sub>   YOGA	PILATES	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY BALANCE</b>	O <sub>2</sub>   STRENGTH YOGA	<b>LES MILLS BODY COMBAT</b>	O <sub>2</sub>   YOGA
6:30PM	DANCE	O <sub>2</sub>   DANCE	O <sub>2</sub>   YOGA	ZUMBA	O <sub>2</sub>   VINYASA FLOW	O <sub>2</sub>   DANCE	O <sub>2</sub>   YOGA	